

Sample Breakfast Menu (One-Month Cycle)

Monday	Tuesday	Wednesday	Thursday	Friday
Cinnamon Pizza Peaches Cold Cereal Choice Milk	Waffle with Syrup Sausage Link Bunch of Grapes Milk	Bagel w/Cream Cheese Hot Oatmeal Raisins Milk	Scrambled Eggs w/ Cheese Hash Browns Toast Milk	Peanut Butter Bars Apple Wedges String Cheese Chocolate Milk
Banana Bread Hot Cereal Choice Fruit Cup Milk	Toasted English Muffin with Jelly Cold Cereal Choice Orange Juice Milk	Cinnamon Rolls Ham Slice Pears Chocolate Milk	PB and J Toast Orange Slices Trail Mix Milk	Pancakes w/ Syrup Fresh Fruit Yogurt Cup Milk
Variety of Donuts Cold Cereal Choice Fresh Fruit Milk	Blueberry Coffee Cake Potato Rounds Peaches Milk	Breakfast Pizza Apple Wedges Chocolate Milk	Hot Oatmeal Fruit Bar Dried Cranberries Milk	Breakfast Burrito Tater Tots Orange Juice Milk
PB and J Tortilla Wrap Banana Pudding Cup Milk	Biscuits w/Sausage Gravy Cold Cereal Choice Apple Juice Milk	Cinnamon Toast Hot Cereal Choice Orange Juice Milk	Egg and Cheese on English Muffin Pears Chocolate Milk	Fruit Turnovers Orange Wedges Trail Mix Milk



Sample Breakfast Menu for Schools without Kitchen Facilities (Two-Week Cycle)



Monday

- Orange juice - 4 oz. (1/2 cup)
- Cold cereal - 1 oz. (3/4 cup)
- Blueberry muffin - 2 oz.
- Milk - 8 oz. (1 cup)

Tuesday

- Banana - 1 whole small
- Peanut butter and jelly sandwich - 2
Tbsp. peanut butter, 2 tsp. jelly, 2 slices bread
- Milk - 8 oz. (1 cup)

Wednesday

- Canned peaches - 1/2 cup
- Instant hot cereal packet - 1 oz. (3/4 cup)
- Raisin bread toast - 2 slices toast, 2
tsp. margarine
- Milk - 8 oz (1 cup)

Thursday

- Orange juice - 4 oz. (1/2 cup)
- Cold cereal - 1 oz. (3/4 cup)
- Bagel with cream cheese - 3 oz. bagel, 2
Tbsp. cream cheese, 2 tsp. jelly
- Milk - 8 oz. (1 cup)

Friday

- Apple wedges - 1 apple
- Cheese sandwich - 2 oz. cheese, 2 slices
bread, 2 tsp. mayonnaise
- Trail Mix - 1 oz. nuts, dried fruit mix
- Chocolate milk - 8 oz. (1 cup)

Monday

- Apple juice - 4 oz. (1/2 cup)
- Cold cereal - 1 oz. (3/4 cup)
- English muffin - 2 oz. muffin, 2 tsp.
butter, 2 tsp. jelly
- Milk - 8 oz. (1 cup)

Tuesday

- Canned Pears - 1/2 cup
- Cinnamon Roll - 3 oz.
- Instant hot cereal packet - 1 oz. (3/4 cup)
- Milk - 8 oz. (1 cup)

Wednesday

- Grape juice - 4 oz. (1/2 cup)
- Cold cereal - 1 oz. (3/4 cup)
- Cinnamon toast - 2 slices bread, 2 tsp.
butter, cinnamon and sugar
- Trail mix - 1 oz. nuts, dried fruit mix
- Milk - 8 oz. (1 cup)

Thursday

- Pineapple chunks - 1/2 cup
- String cheese - 1 oz.
- Banana Nut Bread - 2 oz. with 2 tsp
margarine
- Chocolate milk - 8 oz. (1 cup)

Friday

- Orange juice - 4 oz. (1/2 cup)
- Maple Bars - 2 oz.
- Cold cereal - 1 oz. (3/4 cup)
- Milk - 8 oz. (1 cup)

Other Ideas: soft pretzels, graham crackers, tortilla wraps with cheese or peanut butter, assorted donuts, pop tarts, or toaster waffles